



2026 RALSTON VALLEY INVITATIONAL TRACK AND FIELD MEET JEFFCO STADIUM



DATE:

Friday, March 6, 2026

National Anthem -1:55PM

Meet starts at 2:00PM

RESTRICTED

The discus, and shot sectors are restricted areas for coaches.

AREA:

ADDITIONAL
INFORMATION

1. Field event participants need to report to their site.
2. 1/8th inch spikes only, no spikes in the stands
3. Running events need to report to the clerk at the southwest corner of the track.
4. A trainer will be available during the meet.
5. Starting blocks will be provided but each school must provide its own batons.
6. Weigh-ins for shot and discuss implements are at the top of the stadium
7. Please take care of your own trash in your area.
8. Clothing rules will be enforced.

ORDER OF EVENTS

Running Events: (Women will run first, followed by the men).

2:00PM –

- 800 Meter Medley Relay – women (100,100,200,400)
- 800 Meter Medley Relay – men (100, 100, 200, 400)
- 3200 Meter Relay (4x800)
- 100 Meter Hurdles – women
- 110 Meter Hurdles – men
- 100 Meters
- 800 Meter. Relay (4x200)
- 1600 Meter Run
- 400 Meter Relay (4x100)
- 400 Meter Run
- 300 Meter Hurdles
- 800 Meter Run
- 200 Meters
- 3200 Meter Run
- 1600 Meter Relay (4x400)

Field Events: 2:00 Start-

Long Jump – Women are first followed by the Women

Triple Jump – Men are first followed by the Men

Shot Put– Women are first followed by the Men

3 attempts. Top 10 to finals

Discus - Men are first followed by the Women

3 attempts. Top 10 to finals

High Jump-North Pit – Men are first (start height 4'6")

followed by the Women (Start height 3'10")

Pole Vault –South End – Women are first followed by the Men